

## Carstensz Pyramid 2019

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Under the direction of IMG's Greg Vernovage, we are planning for 2019 another expedition to the most elusive of the Seven Summits! We have now conducted eleven successful Carstensz trips, via five different routes (from the mine, via helicopter from both Enarotoli and Timika, via Ilaga trek and via the Sugapa trek approach). In addition, we have conducted guided climbing expeditions to other Papuan high peaks including Idenberg, Trikora, Mandala, Ngga Pulu, Semantri, and East Carstensz. This is a great trip for climbers with solid rock climbing skills and the ability to adapt to the altitude when flying in by helicopter.



This is real "adventure travel" so for 2019 we have added several additional contingency days to the Carstensz Expedition itinerary, for extra flexibility dealing with the challenges inherent in this expedition. If these extra days prove to be unnecessary, then you can have a couple days on the beach in Bali on the way home!

Our team will meet in Denpasar (Bali), then fly to our jump off location in Papua (likely Timika). From here our helicopter charter will fly to the Carstensz area. Our actual drop off point is dependent on a number of factors that we are accustomed to working with including the ever changing weather, the situation with the helicopter, and the local porters. If possible, we will fly into the Nasidome Camp, which is slightly lower (12,200 feet) and will provide a bit more acclimatization before we make the one-day approach hike to the Yellow Valley Base Camp. If we need to fly directly into Yellow Valley (13,700 feet) then we will take extra time acclimatizing and training before we make our summit attempt (we have flown into Yellow Valley twice and have a 100% success rate when doing this). Either way we go, it is prudent to take Diamox and move slowly for the first couple days, since it is a big jump in altitude!

Once we arrive to Yellow Valley Base Camp we will have an opportunity to train for the summit climb by trekking to the beginning of the route to familiarize ourselves with the first few pitches of rock climbing. This is incredibly beneficial because when we head up on our summit rotation it will be dark and having already been on the beginning of the route in the daytime will make our movements more efficient.

For Carstensz you need to be confident moving on moderate (3rd, 4th and easy 5th class) rock terrain, on fixed ropes, rappelling, clipping in and out of anchors, etc. Up on the summit ridge there are several precipitous notches to cross (with fixed ropes). These days the biggest notch is now fixed with a cable Tyrolean Traverse. It is not unusual to get rain or snow during the climb, but the temperatures are not extreme. Don't forget leather gloves to protect your hands from the rough rock!

After the climb, the team will spend the night at BC before flying by out by helicopter (normally early in the morning for the best weather). We have used this Hybrid itinerary on our recent expeditions, and it has worked very well.

It's good to know that there is still some real "Adventure Travel" left in the world!

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# Program Fees and Payment Schedule

**2019 DATES:**            **October 14 – October 26, 2019**  
**LANDCOST:**           **\$26,500 US**

## Costs included in trip fee:

- Guides (IMG senior guide(s) along with our IMG Indonesian guides)
- Cooks
- Porters
- Group equipment
- Domestic flights from Bali to/from jump off city
- Helicopter to/from Carstensz
- Ground transfers in jump off city
- All climbing permits
- All food while climbing (climbers should bring some extra snack food)
- Accommodation on program is based on double occupancy and includes two nights of hotel in Papua before the climb begins and all accommodations during the climb.

## Costs not included in trip fee:

- International airfare to/from Denpasar (Bali) Indonesia
- Indonesian visa on arrival (now free for many countries, including USA)
- Taxis
- Food and lodging, should you arrive early or if delays require more than two hotel nights in jump off city before the climb begins
- All expenses after returning to the jump off point by helicopter
- Alcoholic beverages during the trip
- Personal shopping, snacks, sat phone use
- Emergency medical/evacuation
- \*Required Travel Insurance
- Tip pool (\$400 USD) for the local staff (drivers, porters, cooks, etc.)
- If the helicopter is unable to make it to Nasidome or Yellow Valley due to bad weather en route and is forced to return to Timika, there will be an extra charge for the additional flying time.
- If you would like to provide some additional tip money to your IMG guide, this is up to you!

**\*REQUIRED Travel Insurance:** IMG requires that all participants on International programs purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. We strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before trip starts) or interruption (after trip starts). More info: <http://www.mountainguides.com/travel-insurance.shtml> . If you need assistance with the various insurance options, give Becky Kjørvestad a call in the IMG Office (360 569 2609) or email [becky.kjorvestad@mountainguides.com](mailto:becky.kjorvestad@mountainguides.com). Note on end dates: **Please extend your insurance policy to cover your trip until you return to your home country.**

## Fee Payment Schedule:

|                                 |                  |
|---------------------------------|------------------|
| <b>With Application</b>         | <b>\$5,000</b>   |
| <b>90 days before departure</b> | <b>\$Balance</b> |

*All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.*

## 2019 Carstensz Itinerary

|                             |   |
|-----------------------------|---|
| Monday, October 14, 2019    | Fly to Papua from Bali                    |
| Tuesday, October 15, 2019   | Organization day                          |
| Wednesday, October 16, 2019 | Helicopter to Nasidome and setup camp     |
| Thursday, October 17, 2019  | Acclimatization hike                      |
| Friday, October 18, 2019    | Move to Carstensz Base camp               |
| Saturday, October 19, 2019  | Contingency                               |
| Sunday, October 20, 2019    | Climb Carstensz                           |
| Monday, October 21, 2019    | Helicopter from Yellow Valley after climb |
| Tuesday, October 22, 2019   | Contingency                               |
| Wednesday, October 23, 2019 | Contingency                               |
| Thursday, October 24, 2019  | Contingency                               |
| Friday, October 25, 2019    | Contingency                               |
| Saturday, October 26, 2019  | Depart Papua to Bali                      |

Climbers will travel from their home country to Denpasar (Bali). We will schedule the team to depart Denpasar on the daily domestic (Garuda Air) flight to our jump off city in Papua, where the helicopter will be staged from. The jump off city is currently planned to be Timika (but on some past trips we have also flown via Enarotoli). We have added several contingency days to the itinerary in case of delays. If you get done early, Bali has gorgeous beaches!

### Air Travel

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or [img@cttdestinations.com](mailto:img@cttdestinations.com) for help with your plans.



*Carstensz Pyramid route view from near Ngga Pula*

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## Carstensz Personal Equipment Checklist

This list is required gear. Some items may be adjusted or changed after your gear check with your IMG guide(s) depending on specific route and weather requirements that may change at the time of your climb/trek. **An important note as you pack:** we are under weight restrictions on the helicopter flights and with our porters so each item must be considered in light of its functionality and utility. Your bags will be weighed at several points during the trip and excess weight is generally not an option. Consider this carefully as you select your gear and pack your duffels. Once you are confirmed on the roster, we will be sending newsletters with a more comprehensive gear list with tips for each piece of equipment.

### Travel Items

- 2 Duffels - One weatherproof trekking duffel and one regular travel duffel
- 3 luggage locks
- 3 large trash compactor bags
- 6 medium size light trash bags
- 10-quart size Ziploc bags
- 5-gallon size Ziploc bags
- ultra-light dry bags and stuff sacks
- Travel wallet
- Passport (valid for 6 months after the trip ends with extra pages for visa stamps)
- 2 additional passport size photos
- copy of your travel itinerary
- \$1500USD travel expense money

### Trekking Gear

- Trekking poles
- Climbing/travel pack - approx. 60-liter volume
- Pack cover
- Synthetic +20F sleeping bag
- Closed cell foam sleeping pad
- Inflatable insulated sleeping pad
- Umbrella

### Footwear and Clothing

- Light tennis shoes
- Climbing boots
- Rubber mud boots
- 4 pair medium weight wool hiking socks
- 2 pair liner socks
- 4 synthetic underwear
- Long underwear
- Light, synthetic trekking pant
- Softshell climbing pant
- Hardshell rain pant
- Synthetic lightweight short sleeve t-shirt
- 2 synthetic lightweight long sleeve t-shirts
- Light insulating top
- Microweight insulating puffy jacket
- Rain shell jacket
- Puffy, synthetic insulating parka - medium weight
- Beanie
- Buff

- light weight trekking gloves
- light weight, leather climbing gloves
- medium weight, insulating, Gore-Tex gloves
- Sunhat
- Small selection of tropical travel clothing - shorts, t-shirts, etc.
- 4 pair ankle socks
- Sandals/flip flops
- swimming apparel

### **Climbing Gear**

- Helmet
- Climbing harness - light weight
- 10m of 7mm climbing cordelette
- 3 locking carabiners
- 2 non-locking carabiners
- 1 nylon sling - 60cm
- 1 nylon sling - 120cm
- 1 Ascender
- 1 Figure 8

### **Personal Accessories**

- Headlamp x 2
- 2 additional sets of headlamp batteries
- 2 wide mouth Nalgene 1L water bottles
- 1 wide mouth Nalgene 0.5L water bottle or uninsulated mug
- Water treatment tablets - 1 bottle Potable Aqua
- Camera - pocket sized to carry on the climb
- Spare camera batteries
- small pocket knife - a multitool is not necessary
- chemical hand warmers x 2
- wrist watch with alarm
- sunglasses
- Vision correction extra(s) - contacts or eye glasses
- 2 rolls toilet paper
- small hand sanitizer
- travel toothbrush and toothpaste
- small travel towel
- travel soap
- ear plugs
- Lightweight pee bottle - a 1L Gatorade bottle often does the trick.
- Basic first aid - one roll athletic tape, pain reliever, anti-diarrheal, antacid, bandaids, blister treatment
- Bug repellent - typically only needed at lower elevations prior to the climb
- Personal prescription meds
- Expedition/altitude meds - see list provided
- Cold medicine
- Personal Lunch food - 5 lbs. Mix of high energy trail food. A mix of salty and sweet snacks with high protein and fat content.
- MP3 player and Kindle or other travel entertainment
- Small roll of duct tape - just wrap a few strips around a Nalgene bottle for a small supply
- Cell phone with international roaming capability that works in Indonesia.

**Prescription Medications**

1. Antibiotic for upper respiratory and GI problems (azithromycin / "Z-Pak")
2. Diamox (acetazolamide) for one week (125 mg twice a day works well for most people).
3. Sleeping pills for jet lag
4. Malaria Chemoprophylaxis, if needed based on travel plans
5. Nifedipine (for pulmonary edema)
6. Dexamethasone (for cerebral edema)

**Immunizations Checklist**

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** - You should already have. Do you need a booster?
- MMR** - You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended or available any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy.
- Japanese Encephalitis** – Recommended. Consult your physician.
- Yellow Fever** – Consult your physician.
- Malaria** – We recommend Malarone, once a day. Start two days before exposure and go one week after the trip.

Consult your physician and visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check out the Center for Disease Control Website at [www.cdc.gov](http://www.cdc.gov).




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*“IMG was above and beyond my expectations. This has truly become the trip of a lifetime and a life-altering one as well... Thank you for all of your hard planning and making sure IMG's services surpassed our hopes.”*

—Ryan S.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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